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10 the drive train and slave sprockets connected in a direct-drive relationship, the drive train drivable in a forward and rearward direction to cause the flywheel to rotate;
a spring tensioner coupled to the axle housing; and
a clutch positioned in engagement with the slave sprocket and the flywheel, the clutch including a biasing member positioned between the clutch and the spring tensioner, the clutch creating a break free force.

33. The exercise bicycle of claim 32, the biasing member being a Belleville washer.

34. The exercise bicycle of claim 32, the axle housing defining a cylinder wherein the outside circumference of the cylinder adjacent the clutch is threaded.

35. The exercise bicycle of claim 34, the spring tensioner defining a threaded aperture adapted to engage the threaded outside circumference of the axle housing.

36. The exercise bicycle of claim 35, wherein the spring tensioner is rotatable about the axle housing so as to increase or decrease the break free force.

37. The exercise bicycle of claim 32, the clutch including an inner clutch plate adjacent an inside edge of the slave sprocket, and an outer clutch plate adjacent an outer edge of the slave sprocket.

38. The exercise bicycle of claim 37, the clutch including an inner clutch washer positioned between the inner clutch plate and the slave sprocket, and an outer clutch washer positioned between the inner clutch plate and the slave sprocket.

39. The exercise bicycle of claim 38 wherein the inner clutch washer and the outer clutch washer are polyethylene.

40. The exercise bicycle of claim 33 wherein the spring tensioner defines an outwardly extending flange circumferential to the axle housing, the outwardly extending flange adapted to center the Belleville washer about the axle housing.